



**SENIOR
SERVICES**
Effingham County



209 S. Merchant
Effingham, IL 62401

Sunset Times

DECEMBER 2023



To join the Sunset Times email list please email

lhartigan@eccoa.org

or check out our webpage at www.eccoa.org



**“CHRISTMAS IS FOREVER, NOT FOR JUST ONE DAY,
FOR LOVING, SHARING, GIVING, ARE NOT TO PUT
AWAY LIKE BELLS AND LIGHTS AND TINSEL,
IN SOME BOX UPON A SHELF.
THE GOOD YOU DO FOR OTHERS IS
GOOD YOU DO YOURSELF...”
~NORMAN WESLEY BROOKS**

*Sending you warm thoughts and best wishes for a
Merry Christmas and Happy New Year!
ECCOA Board of Directors & Senior Services Staff*

Senior Services will be CLOSED:

Wednesday, December 13th for Staff Development & Training.

Friday, December 22nd & Monday, December 25th, for the Christmas Holiday.

Friday, December 29th & Monday January 1st, for the New Year Holiday.

Senior Services of Effingham County is a division of Effingham City/County Committee on Aging (ECCOA) and is open to the public, and many activities are designed for people of all ages.

Operating hours are Monday through Friday – 8:00 am to 4:00 pm

Closed for lunch daily from 11:30 am to 12:00 pm

Phone: 217-347-5569 or toll free 1-833-442-5569 after hours and on weekends

www.eccoa.org



CHRISTMAS WORD SEARCH



S	T	N	E	M	A	N	R	O	T	B
U	C	H	R	I	S	T	M	A	S	Z
A	E	N	R	M	E	G	F	E	N	S
L	B	N	N	E	I	E	L	L	G	M
C	J	N	A	F	E	O	R	N	E	H
A	R	K	T	C	P	D	I	T	G	D
T	R	S	M	H	Y	K	N	I	J	M
N	B	D	T	L	C	D	E	I	Z	N
A	P	R	L	O	P	L	N	P	E	R
S	O	O	T	Q	S	Q	X	A	X	R
N	J	S	T	Y	K	B	J	N	C	R

SANTA CLAUS
REINDEER
NORTH POLE
SLEIGH

CHRISTMAS
ELF
GIFTS
CANDY CANE

TREE
JOLLY
ORNAMENT
STOCKINGS

Having Trouble Finding a Ride?

Let **ECPT** take you where you need to go!

Call to Schedule Your Ride Today!

1-855-755-2478

GET ON THE BUS & RIDE WITH US!!

**IN-COUNTY
TRANSPORTS**

\$3 per one-way trip

MONTHLY PASS

Monthly Pass \$35

Disabled Pass \$15

**DISCOUNT
TICKETS**

Book of 10 \$20

(No Expiration Date)

SENIORS

Ride for Free

Donations are accepted

DISPATCH HOURS

Monday-Friday from 6am-6pm

TRANSPORTATION HOURS

Monday-Saturday from 6am-8pm

Effingham
County
Public
Transportation



GET ON THE BUS AND RIDE WITH US



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**OPEN TO
EVERYONE!!**

Effingham County operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the 1964 Civil Rights Act. To find out more about our nondiscrimination obligations or to file a complaint, please contact us at (217)342-4990 or via the web at <http://www.ecpt.org/CIP/ICPT.htm>



Please join us for
cake & ice cream on
**Thursday, December 28th at
1:00 p.m.**

for our monthly birthday party!

We will celebrate those who have
a birthday in December with cake
and ice cream provided by
Aperion Care.

You are welcome to stay
afterwards and play cards, games,
or just socialize
with your friends





Dine with a Doc® is a **FREE** program that welcomes the local senior public to hear an educational topic while enjoying a complimentary lunch. The next Dine with a Doc® lunch is scheduled for **Thursday December 14th, 2023, in the Senior Services Activity Center from 11:00 am until 1:00 pm.**

Each presenter has graciously donated their time in an effort to listen, hear, and answer your questions while sharing a meal with you. Various community businesses also participate by donating door prizes or providing a complimentary lunch for you to enjoy and learn about ways they may help you as well.

This month we are excited to present **Dr Antonios Papadopolous** with Sarah Bush Lincoln

Lunch will be complimentary and provided courtesy of: Hilltop Skilled Nursing & Rehabilitation



****Reservations for Dine with a Doc are required and can be made by contacting the center at 217-347-5569****

Long-Term Care Ombudsman

Illinois Long-Term Care Ombudsman Program strives to protect and promote the rights and quality of life for those who reside in long-term care facilities. If you have a concern, complaint, or question regarding long-term care, please call **Lisa Light, Regional Ombudsman, at 217-347-5216 or 1-800-283-4070.**



Join us for
**BINGO every
Friday
afternoon at
1:00 p.m.**



SHIP

(Senior Health Insurance Program)

Senior Services staff is available to assist Medicare beneficiaries and their caregivers with insurance counseling. Please call (217)347-5569 to make an appointment.



“This publication has been created or produced by Senior Services of Effingham County with financial assistance, in whole or in part, through a grant from the Centers for Medicare & Medicaid Services, the Federal Medicare agency”.



ILLINOIS TELECOMMUNICATIONS ACCESS CORPORATION

Illinois Telecommunications Access Corporation (ITAC) has several amplified phones for selection for those family members with hearing problems. This is a **FREE** program **REQUIRED** and **GOVERNED** by Illinois Law. There are no fees and no hidden costs. Call Senior Services at 217-347-5569 for an appointment to test which phone is best for your needs.

You'll be surprised at what you have missed by not being able to hear!



Line Dancing

**Join the line dancers
every Tuesday Morning
at 10:00 a.m. in our
Activity Center. Come
and join in the fun and
learn a new step or
two!!**

Community Care Program

"... Helping older people live independently"

Did you know that ECCOA Senior Services is contracted with the Illinois Dept on Aging to provide the Community Care Program for 9 counties within the State of Illinois? The counties we serve are Effingham, Clay, Fayette, Jefferson, Marion, Jasper, Crawford, Richland, and Lawrence. All our offices are your direct linkage to all the information you need regarding community-based services that can give you many added benefits that enhance your quality of life. As you prepare to retire or if you become disabled, the staff members in our offices will assist you with the services that will allow you to remain in your own home, and keep you out of a nursing home, as long as nursing home placement is not necessary for you. We will send our staff to your home at no cost to discuss your needs and goals, and to help you choose what services might be right for you. Services include In-Home Service, Emergency Home Response Service, Home Delivered Meals, Respite Care for the Caregiver, and in some areas of the state, Adult Day Services and Senior Companion. If you qualify for services, the staff member will work with you to determine your needs, set up services that are appropriate for you and keep in touch with you to make sure the services continue to meet your needs. For additional information or to make a referral for someone you feel could benefit from the program call 217-347-5569. We can assess your needs and keep you at home.



Emergency Home Response Service: (EHRS)

EHRS is a Community Care Program core service provided to improve the independence and safety of clients in their own homes and help reduce the need for nursing home care.



Emergency Home Response Service (EHRS) is a 24-hour emergency communication link to assistance outside the home for older adults with documented health and safety needs and mobility limitations. This service is provided by a two-way voice communication system consisting of a base unit and an activation device worn by the participant that will automatically link the older adult to a professionally trained staffed support center. For more information on Emergency Home Response Services in your community, contact Senior Services at 217-347-5569.

EHRS offers 24-hours-a-day help at the touch of a button, installation at no cost to the client, free adaptive activation devices, and a list of first responders chosen by the client. To receive this service, an older adult must qualify for the Community Care Program.

Friends
Food
Fellowship



Friends
Food
Fellowship

December 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk, Bread, and Margarine are served with every meal! Substitutes will only be made in emergencies!	FINAL			1 Pork Roast Glazed Sweet Potatoes Cooked Cabbage Waldorf Salad Whole Grain Bread
4 Chili Crackers Cottage Cheese Asian Cole Slaw Chilled Pears Corn Bread	5 Mac n Cheese w/ham Broccoli Tossed Salad w/tomatoes Salad Dressing Warm Peach Crisp Whole Grain Bread	6 Italian Chicken Breast Cauliflower Corn Oranges W/Bananas Roll	7 Roast Beef Mashed Potatoes Green Beans Mixed Fruit Whole Grain Roll	8 Oven Baked Chicken Whipped Potatoes Mixed Vegetables Pineapple Roll
11 Fish Sandwich on Bun Au Gratin Potatoes Baked Beans Apricots	12 Country Fried Steak Mashed Potatoes & Gravy California Blend Strawberries/bananas Whole Grain Bread	13 Turkey Sweet Potatoes Peas Banana Whole Grain Roll	14 Spaghetti w/meat sauce Tossed Salad w/tomatoes Salad Dressing Corn Hot Cherry Crisp	15 Pork Chop Baked Potato Green Beans Tropical Fruit
18 Beef Stroganoff over Noodles Beets Green Beans Orange Whole Grain Roll	19 BBQ Chicken Breast Rice Pilaf Peas & Carrots Stewed Tomatoes Cinnamon Applesauce	20 Seasoned Beef Pattie Whipped Potatoes Black Eyed Peas Apple Cake w/Cream Cheese Icing	21 Ham Mashed Potatoes & Gravy Gourmet Carrots Creamy Cole Slaw Roll Cherry Delight	22 Pork Cutlet Mashed Potatoes Broccoli & Cauliflower Apricots Biscuit
25 Christmas Site Closed	26 Site Closed	27 Ham & Beans Cole Slaw Beets Peaches Corn Bread	28 Ball Park Frank on Bun Roasted Red Potatoes Green Beans Jell-O w/Fruit	29 Grilled Chicken Tenderloin Cheesy Rice w/broccoli Hot Stewed Tomatoes Fruit Cocktail Whole Grain Bread

CALL THE DAY BEFORE TO RESERVE A MEAL

Suggested Donation \$4.25/Meal

**Effingham 217-347-2851; Dieterich 217-925-5461; Altamont 618-483-6912; Beecher City 618-487-5401
Flora 618-662-6741**

Vandalia 618-283-1040 Ramsey 618-237-0251

Pana 217-562-5611 Taylorville 217-287-7268 Kincaid 217-237-4328

**Effingham County FISH Human Services
Annual Christmas Day Dinner
Monday, December 25TH, 2023**

**FISH will offer a Congregate Meal (Serving at 1:30 P.M.)
at The Effingham Event Center**

**Meal delivery (after 11:00 A.M) and
Curbside Pickup (12:00-1:00 P.M.)
Effingham Event Center (former KC Hall)
1501 W. Fayette, Effingham**

Please call the Senior Center at 217-347-5569

**BY NOON ON WEDNESDAY, DECEMBER 20th
to reserve your meals**

****AFTER DECEMBER 20th, 2023,
PLEASE CALL 217-868-5913****

**Meals are FREE to all Effingham County
residents and their families**

HOWEVER

**DONATIONS ARE ALWAYS GREATLY APPRECIATED AND CAN BE
SENT TO FISH P.O. BOX 473, EFFINGHAM, IL 62401**

**Come join us to
Knit or Crochet on
Wednesday
afternoons at
1p.m.**



















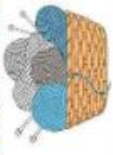




Rules of the Road

**This class will be offered at
the Senior Center on
Thursday December 7th,
2023, at 9:30 a.m.
(Next class will be Friday
March 5th, 2024)**



December 2023 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>217-347-5569 to **Reserve your spot for our special events!**</p>				<p>1:00 BINGO Sponsor: </p>
<p>4 1:00 Cards & Mahjong </p>	<p>5 10:00 Line Dancing </p>	<p>6 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP </p>	<p>7 9:30 Rules of the Road 1:00 Stanfield Bingo STANFIELD CHIROPRACTIC</p>	<p>8 1:00 BINGO Sponsor: </p>
<p>11 1:00 Cards & Mahjong </p>	<p>12 10:00 Line Dancing </p>	<p>13 CLOSED for Staff Development & Training </p>	<p>14 11:00 Dine with a Doc featuring Dr. Antonios Papadopolous </p>	<p>15 1:00 BINGO Sponsor: </p>
<p>18 1:00 Cards & Mahjong </p>	<p>19 10:00 Line Dancing </p>	<p>20 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP </p>	<p>21 1:00 Games </p>	<p>22 CLOSED FOR CHRISTMAS </p>
<p>25 CLOSED FOR CHRISTMAS </p>	<p>26 10:00 Line Dancing </p>	<p>27 1:00 Games 1:00 Knit/Crochet/Socialize 1:00 SHIP </p>	<p>28 1:00 Birthday Party with cake & ice cream Provided by Aperion! </p>	<p>29 CLOSED FOR NEW YEARS </p>